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## Preparing for natural disasters

Disasters can strike at any moment with little notice. Events such as floods, wildfires, earthquakes, and hurricanes are common occurrences across the country. That is why a disaster plan can make all the difference to protect your family.

### How the challenge works:

To complete October's wellness challenge, complete the following tasks each week, which will guide you through critical steps for disaster preparedness.

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#### Week 1: October 4-8

Make a plan so you know how you will make contact with loved ones and reconnect if separated.

- Outline emergency phone numbers
- Plan an evacuation route and meeting place, if accessible
- Confirm a dedicated spot for a disaster kit
- Store all important documents together for easy, quick access

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#### Week 2: October 11-15

Build a disaster kit, adding any necessary items to your next shopping list. Example items include:

- Flashlights
- Radio
- Batteries
- First aid kit
- Canned foods
- One gallon of water per person per day

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#### Week 3: October 18-22

Get educated by gathering information and discussing what would be helpful to know during and after a disaster.

- CPR education
  - First aid education
  - Learn how to get emergency alerts in your city, country, and/or state
  - Learn how to receive emergency plan alerts
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